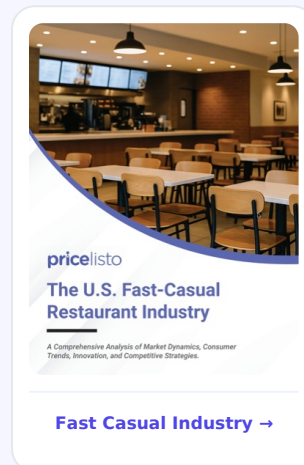




## Bowl'd (NZ)

Menu Prices — August 21, 2026

### Restaurant & Food Industry Reports



**Competitor Price Intelligence →**

Picked for you

| ITEM                                                                                                                                                                | PRICE          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Bowl and Smoothie Combo</b><br>Your choice of x1 bowl + your choice of x1 Smoothie                                                                               | <b>\$23.50</b> |
| <b>Korean BBQ Bowl (Small)</b><br>Un bol rempli de saveurs coréennes, avec un choix de bœuf barbecue ou de poulet sur un lit de riz brun. Accompagné de br...       | <b>\$18.50</b> |
| <b>Korean BBQ Bowl (Regular)</b><br>Optez pour un steak ou du poulet grillé à la coréenne accompagné de riz brun. Le bol est orné de brocoli grillé, kimchi,...     | <b>\$20.90</b> |
| <b>Donburi Bowl (Small)</b><br>Your choice of teriyaki chicken, teriyaki prawns or vegan teriyaki broccoli on brown rice with grilled broccoli, cabbage...          | <b>\$18.50</b> |
| <b>Donburi Bowl (Regular)</b><br>Choisissez entre du poulet teriyaki, des crevettes teriyaki ou du brocoli teriyaki végétalien, servis sur un lit de riz...         | <b>\$20.90</b> |
| <b>Mexican Fiesta Bowl (Small)</b><br>Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl...   | <b>\$18.50</b> |
| <b>Mexican Fiesta Bowl (Regular)</b><br>Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl... | <b>\$20.90</b> |
| <b>Buddha Bowl (Small)</b><br>Une sélection de falafels ou de crevettes, reposant sur un lit de riz brun et d'épinards, agrémenté d'avocat écrasé, de...            | <b>\$18.50</b> |
| <b>Buddha Bowl (Regular)</b><br>Your choice of falafel or prawns on brown rice and spinach with smashed avocado, grilled broccoli, pickled beetroot, cab...         | <b>\$20.90</b> |

Limited Time Only Combos

| ITEM                                                                                                             | PRICE          |
|------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Dinner for the Family</b><br>false                                                                            | <b>\$54.90</b> |
| <b>Bowl and Smoothie Combo (Limited Time Only Combos)</b><br>Your choice of x1 bowl + your choice of x1 Smoothie | <b>\$23.50</b> |

Bowls

| ITEM                                                                                                                                                                        | PRICE          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Mexican Fiesta Bowl (Small) (Bowls)</b><br>Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl...   | <b>\$18.50</b> |
| <b>Mexican Fiesta Bowl (Regular) (Bowls)</b><br>Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl... | <b>\$20.90</b> |
| <b>Korean BBQ Bowl (Small) (Bowls)</b><br>Choisissez entre un steak barbecue coréen ou du poulet, servis sur un lit de riz brun. Ce bol inclut du brocoli grillé,...        | <b>\$18.50</b> |
| <b>Korean BBQ Bowl (Regular) (Bowls)</b><br>Choisissez entre un steak ou du poulet grillé à la mode BBQ coréenne accompagné de riz brun. Ce bol savoureux inclut éga...     | <b>\$20.90</b> |
| <b>Donburi Bowl (Small) (Bowls)</b><br>Optez pour du poulet teriyaki, des crevettes teriyaki ou du brocoli teriyaki végétalien, posé sur un lit de riz brun. Ac...          | <b>\$18.50</b> |
| <b>Donburi Bowl (Regular) (Bowls)</b><br>Your choice of teriyaki chicken, teriyaki prawns or vegan teriyaki broccoli on brown rice with grilled broccoli, cabbage...        | <b>\$20.90</b> |
| <b>Buddha Bowl (Small) (Bowls)</b><br>Your choice of falafel or prawns on brown rice and spinach with smashed avocado, grilled broccoli, pickled beetroot, cab...           | <b>\$18.50</b> |
| <b>Buddha Bowl (Regular) (Bowls)</b><br>Choisissez entre falafel ou crevettes, déposés sur un lit de riz brun et épinards. Ajoutez-y de l'avocat écrasé, du broc...         | <b>\$20.90</b> |

| ITEM                                                                                                                        | PRICE          |
|-----------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Middle Eastern Kebab Bowl (Small)</b>                                                                                    | <b>\$18.50</b> |
| Agneau grillé et falafel sur un lit de riz brun, accompagnés de chou-fleur grillé, épinards, mélange de chou, oignons ma... |                |
| <b>Middle Eastern Kebab Bowl (Regular)</b>                                                                                  | <b>\$20.90</b> |
| Grilled lamb & falafel on brown rice with grilled cauliflower, spinach, cabbage mix, pickled onions, feta, cranberries,...  |                |
| <b>Meze Bowl (Small)</b>                                                                                                    | <b>\$18.50</b> |
| Falafel on brown rice with grilled halloumi and cauliflower, spinach, pickled beetroot, carrot, tomato kasundi, hummus,...  |                |
| <b>Meze Bowl (Regular)</b>                                                                                                  | <b>\$20.90</b> |
| Falafel on brown rice with grilled halloumi and cauliflower, spinach, pickled beetroot, carrot, tomato kasundi, hummus,...  |                |

### Vegan and Vegetarian Bowls

| ITEM                                                                                                                        | PRICE          |
|-----------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Vege Mexican Fiesta Bowl (Small)</b>                                                                                     | <b>\$18.50</b> |
| Un mariage savoureux de galette de haricots noirs grillés et de kumara, accompagné de maïs croquant, carottes, poivrons,... |                |
| <b>Vege Mexican Fiesta Bowl (Regular)</b>                                                                                   | <b>\$20.90</b> |
| Grilled black bean pattie and kumara, corn, carrot, capsicum and mixed beans with chipotle, brown rice, lettuce, cheese,... |                |
| <b>Vegan Donburi Bowl (Small)</b>                                                                                           | <b>\$18.50</b> |
| Grilled teriyaki broccoli on brown rice with cabbage mix, edamame beans, pickled ginger, bean sprouts, vegan mayo, and s... |                |
| <b>Vegan Donburi Bowl (Regular)</b>                                                                                         | <b>\$20.90</b> |
| Brocoli grillé au teriyaki sur un lit de riz brun, accompagné d'un mélange de chou, haricots edamame, gingembre mariné,...  |                |
| <b>Meze Bowl (Small) (Vegan and Vegetarian Bowls)</b>                                                                       | <b>\$18.50</b> |
| Falafels posés sur un lit de riz brun avec halloumi grillé et chou-fleur, accompagnés d'épinards, betteraves marinées, c... |                |
| <b>Meze Bowl (Regular) (Vegan and Vegetarian Bowls)</b>                                                                     | <b>\$20.90</b> |
| Falafels sur lit de riz brun, accompagnés de halloumi grillé et chou-fleur, épinards, betteraves marinées, carottes et k... |                |
| <b>Vegan Meze Bowl (Small)</b>                                                                                              | <b>\$18.50</b> |
| Sur un lit de riz brun, retrouvez des falafels croquants accompagnés d'avocat écrasé. La douceur du chou-fleur grillé se... |                |
| <b>Vegan Meze Bowl (Regular)</b>                                                                                            | <b>\$20.90</b> |
| Falafel on brown rice with smashed avocado, grilled cauliflower, spinach, pickled beetroot, carrot, tomato kasundi, humm... |                |
| <b>Vege Buddha Bowl (Small)</b>                                                                                             | <b>\$18.50</b> |
| Grilled Falafel on brown rice with spinach, smashed avocado, grilled broccoli, pickled beetroot, cabbage mix, pickled on... |                |
| <b>Vege Buddha Bowl (Regular)</b>                                                                                           | <b>\$20.90</b> |
| Grilled Falafel on brown rice with spinach, smashed avocado, grilled broccoli, pickled beetroot, cabbage mix, pickled on... |                |

### Kids Bowls

| ITEM                                                                                                                        | PRICE          |
|-----------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Kids Chicken Donburi Bowl</b>                                                                                            | <b>\$14.50</b> |
| Poulet teriyaki sur riz brun, accompagné de brocoli grillé, mélange de chou, fèves edamame, graines de sésame et mayonna... |                |
| <b>Kids Korean BBQ</b>                                                                                                      | <b>\$14.50</b> |
| Your choice of Korean BBQ steak or chicken, on brown rice, broccoli, cucumber, cabbage mix a grilled egg with kewpie may... |                |

### Sides, Smoothies & Dessert

| ITEM                                                                                                                       | PRICE          |
|----------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Sesame Grilled Broccoli</b>                                                                                             | <b>\$10.00</b> |
| Grilled Broccoli, drizzled in kewpie mayo, sesame seeds & a side of sesame soy mayonnaise. (gf)                            |                |
| <b>Berry Glow</b>                                                                                                          | <b>\$10.00</b> |
| Un tourbillon de framboises, fraises et bleuets, rehaussé par la douceur exquise de la mangue et la fraîcheur du jus de... |                |

